HOURS OF OPERATION:
Monday - Friday 8:00 am - 5:00 pm

Activities Calendar

September 2019

Visit our Website at www.projectfind.org
Follow us at https://twitter.com/FINDaid
Like us at http://facebook.com/projectfind

Funded Under Contract with the NYC Department for the Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/Stephanie		CENTER CLOSED	9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	10:00	Computer Class w/Stephanie AM
10:00	Current Events Hour w/Stephanie			11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/Trenace	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica			1:00	Chorus	11:00	**Walk With Ease w/Stephanie**	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas			2:00	Line Dancing w /Abbey	1:00	Ping Pong	3:00	Documentary/ Above us only sky
1:15	Brain Teaser Monday			3:00	Leisure Dominos	1:00	Poetry Circle w/Stephanie		
1:30	Water Color Drawing w/Geoffrey					2:00	Bingo w/ Leroy		
2:00	Spanish Circle w/Stephanie					2:00	Music Therapy w/Stephanie		
2:00	Pokeno W/Leroy		***Open Coffeehouse and Hamilton***						
9		10		11		12		13	
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	10:00	Computer Class w/Stephanie AM
10:00	Current Events Hour w/Stephanie	11:00	Chair Yoga w/Trenace	10:00	Open Discussion w/Era	**10:00**	**Blood Pressure Screening**	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/Trenace	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara	1:00	Chorus	11:00	**Walk With Ease w/Stephanie**	3:00	Documentary/ The mayo Clinic
1:15	Brain Teaser Monday	1:00	Technology Talk w/Stephanie	2:00	Line Dancing w /Abbey	1:00	Ping Pong		***Fashion Show 12:30-2:30***
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	3:00	Leisure Dominos	1:00	Poetry Circle w/Stephanie		
2:00	Spanish Circle w/Stephanie	2:00	Bingo w/ Leroy			2:00	Bingo w/ Leroy		
2:00	Pokeno W/Leroy	2:00	Staywell Exercise w/Stephanie			2:00	Music Therapy w/Stephanie		
16		17		18		19		20	
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	10:00	Computer Class w/Stephanie AM
10:00	Current Events Hour w/Stephanie	11:00	Chair Yoga w/Trenace	10:00	Open Discussion w/Era	11:00	Tai-Chi w/Trenace	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	11:00	**Walk With Ease w/Stephanie**	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara	1:00	Chorus	1:00	Ping Pong	3:00	Documentary/ The impossible flight
1:15	Brain Teaser Monday	1:00	Technology Talk w/Stephanie	2:00	Line Dancing w /Abbey	1:00	Poetry Circle w/Stephanie		
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	3:00	Leisure Dominos	2:00	Bingo w/ Leroy		
2:00	Spanish Circle w/Stephanie	2:00	Bingo w/ Leroy			2:00	Music Therapy w/Stephanie		
2:00	Pokeno W/Leroy	2:00	Staywell Exercise w/Stephanie						
23		24		25		26		27	
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	10:00	Computer Class w/Stephanie AM
10:00	Current Events Hour w/Stephanie	11:00	Chair Yoga w/Trenace	10:00	Open Discussion w/Era	**10:00**	**Blood Pressure Screening**	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/Trenace	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara	1:00	Chorus	11:00	**Walk With Ease w/Stephanie**	3:00	Documentary/ Jackie a tale of two sisters
1:15	Brain Teaser Monday	1:00	Technology Talk w/Stephanie	2:00	Line Dancing w /Abbey	1:00	Ping Pong		***Monthly B-Day Bash 12:30-2:30***
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	3:00	Leisure Dominos	1:00	Poetry Circle w/Stephanie		
2:00	Spanish Circle w/Stephanie	2:00	Bingo w/ Leroy			2:00	Bingo w/ Leroy		
2:00	Pokeno W/Leroy	2:00	Staywell Exercise w/Stephanie			2:00	Music Therapy w/Stephanie		
30									
Time	**Activity**								
9:00	Computer Lab w/Stephanie								
10:00	Current Events Hour w/Stephanie								
11:00	Strength Training w/Jessica								
1:00	Dance Class w/Donatas								
1:15	Brain Teaser Monday								
1:30	Water Color Drawing w/Geoffrey								
2:00	Spanish Circle w/Stephanie								
2:00	Pokeno W/Leroy								